





THE STABLES CAPE BAR

BEFORE	NOON
DEFUKE	NUUN

BEFORE NOON		
Salt Bacon & Millbrook Farm Eggs on toast– add sides below		18
Mushroom crostini, whipped ricotta, honey & thyme		22
Stables Benni – muffin, mortadella, hollandaise & poached eggs		25
Dr Marty's Crumpets, gourmet mushrooms, miso peanut sauce, chili	VV, GF	25
Omelette – changes daily.	V, GF	24
Butchers – black pudding, Bundarra guanciale, house beans, eggs		28
Poached Millbrook eggs, miso tahini, avocado, pickled sprouts, lemon,	V	25
Waffles, mixed berries, spiced Inglenook yoghurt, candied nuts	V	22
Bircher muesli – with fresh fruit, Inglenook yoghurt	V	16
Add spinach, relish		4
Add mushrooms, hash brown, egg		5
Add chorizo, black pudding, bacon		6
ALL DAY		-
Vegan Pastie – Cornish style with house relish	VV	13.5
Bacon & Egg muffin, cheese, bbq sauce and aioli		9
Buddha Bowl - freekah, chickpeas, seasonal veg, miso tahini, dressing	VV, GF	23
Quesadilla – cheese, chipotle, capsicum, onion and salsa	V	12
Bagel – with cream cheese, gravlax and chives	·	16
		10
KIDS (under 10)		
Breaky – 1 egg, bacon, hash brown		10
Fish & chips – battered flake with chips		14
BBQ pizza –topped with bbg sauce, ham, cheese		13
SNACKS & SIDES (from noon)		
Takoyaki – Japanese octopus, kewpie, tonkatsu, bonito		12
Korean chicken wings – gochujang caramel, fried noodles, sesame		12
Chips		10
Onion Rings with warm cheese sauce		12
Spicy chicken bao – (2) steamed buns, chicken, lettuce, kewpie		14
AFTER NOON		
Fish & Chips, beer battered flake, chips, black garlic aioli		27
Steak sandwich – cheesy scotch fillet, onion jam, rocket, aioli		28
Stables burger –beef, house relish, bacon, cheese, lettuce, tomato, chips		27
Cob salad – cos lettuce, bacon, boiled egg, avocado, blue cheese dressing		22
Add grilled chicken or grilled salmon		8/10
Stables salad – Mixed greens, tomato, cucumber, house vinaigrette		16
Add grilled chicken or grilled salmon		8/10
Sisig – traditional Filipino pork belly, sizzling with egg, rice and chicharron		28
Mushroom risotto with gourmet Ballarat mushrooms, parmesan		26
Southern Spiced Chicken – flatbread, chipotle yoghurt, salsa, chicken		20
Sourierr Spiela enieken – natoreaa, enipotte gognori, saisa, enieken		27
Our commitment to local farmers, arowers, producers, artisans & makers means we source th	he hest ave	ulahle to

Our commitment to local farmers, growers, producers, artisans & makers means we source the best available to us. Menu changes may be unavoidable, based on the availability of produce & seasons.





	bles blend roasted locally by Karon Farm		
Cappuccino, espresso, flat white, la Hot Chocolate, Mocha, Chai	tte, long black, macchiato etc		
Reg			4.5
Large			5
Mug Milks: Soy, Almond, Oat, Lac Free		add	5.5 .50
Tea: Peppermint, Green, English Br	eakfast, Earl Grey	0.0.0	5.5
Iced Coffee, Iced Mocha, Iced Choc			6
Daylesford Organic soft drinks	SOFT DRINKS		6.0
Cola, lemonade, tonic, lemon lime bitters, pink grapefruit, Brewed ginger beer			0.0
Fresh orange juice			6
	WINE		
Endless Blanc de Blanc	King Valley	10	45
Tar & Roses Prosecco	Mornington	10	48
Gapsted Moscato	Alpine Valley	10	48
Post Card Sauvingnon Blanc. Oakdene Riesling	King Valley Bellarine	10 11	45 50
Our House Pinot Grigio	King Valley	10	45
ATE Chardonnay	Mornington	11	52
Oakdene Rose	Bellarine	10	48
Endless Valley & Hill Pinot Noir	Yarra Valley	10	45
Endless Shiraz. Tobacco Rd Sangiovese Barbera	Heathcote Alpine Valley	10 10	45 48
TODUCCO NU SUNGIOVESE DU DETU	Alpine volleg	10	40
	BEER		
Great Northern Mid Strength		3.5%	7
Carlton Dry Red Duck Altitude 435 Pale		4.5% 4.5%	8 9
East Bendigo XPA Pale		4.5 <i>%</i> 5.5%	8
Red Duck Ballarat Draught		5.2%	8
Great Ocean Road Summer Ale		4.4%	9
Red Duck Supernormal Lager		4.4%	8
Brick Lane Sunsetter Ginger Beer	SPIRITS Premixed	4.8%	8
Great Ocean Rd Gin & Tonic	SFIRITS FLEITIIXED		10
Great Ocean Rd Raspberry Gin & T	onic		10
Ned's Sourmash and Dry			10
Grainshaker Vodka & Pink Grapefr	Jit		9
Grainshaker Vodka lime & soda			9 9
East Bendigo Selzer	(Charles and Charles and Charl		フ

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